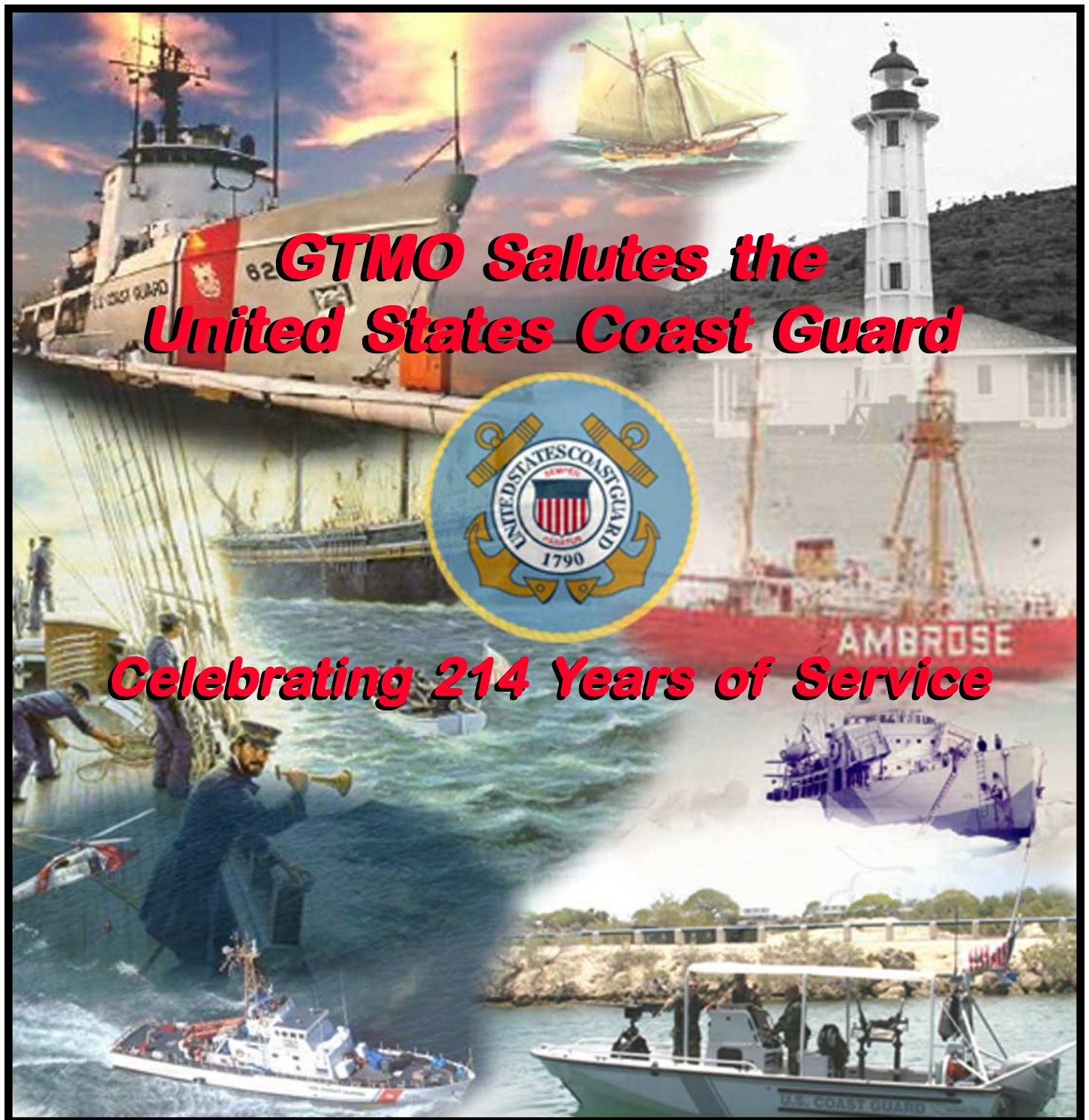




Vol. 61 No. 33

Friday, July 30, 2004



News Briefs

W. T. Sampson Graduate Appears in Film



Bettianne King, a 1998 graduate of W. T. Sampson High School, and alumni of W. T. Sampson Elementary School, appears in the new Touchstone Picture *The Village* directed by M. Night Shyamalan, whose credits include *Sixth Sense* and *Signs*.

King graduated from George Mason University in 2002 with a bachelor's degree in Theater/Dance. She appears in the film as "featured extra," but does not know how much of her filming will be in the final cut of the film.

The Village stars Sigourney Weaver, William Hurt, Joaquin Phoenix and Bryce Howard. The film is set in the late 1800s and tells the story of a small village in Pennsylvania that co-exists with mythical creatures who inhabit the woods surrounding the village. *The Village* opens in theaters this weekend – expect it in GTMO soon!

Navy Petty Officer Exams Approaching

It's time to start preparing for the September Navy-wide Petty Officer advancement exams. The testing date for candidates for advancement to First Class Petty Officer is September 2. The testing date for candidates for advancement to Second Class Petty Officer is September 9. And, the testing date for candidates for advancement to Third Class Petty Officer is September 16.

Additionally, the AG3 exam will be given September 21. For more information regarding these exams, contact PN2 Lee at 4523. Watch the Gazette for information on worksheet signing, times and locations.

Naval Base Congratulates Newest Chief Petty Officer Selects

AT1 Tonya McKennie

DK1 David Olsen

HM1 William Sager

MA1 Don Banker

MA1 Lee Conger

MA1 Troy Niccum

MA1 Michael Pace

MA1 Haywood Williams

MA1 Felix Truett

MA1 Mandy McCune

FC1 Kevin Bachellor

STS1 Jeffrey Overture



TRICARE Fact

Did You Know?



Reserve Component personnel and their eligible family members qualify for Transition Assistance Medical Programs for 180 days after release from activation orders based on the active duty service member's total federal military service.

NAVSTA Recognizes Sailors of the Week



YNSN Leopoldo Rodriguez

July 14 - 21

El Paso, Texas, native YNSN Rodriguez works in the Admin Department. In recent weeks, he provided invaluable training to the department's new Leading Petty Officer in addition to his regular duties. Rodriguez said he joined the Navy nine months ago because he had a desire to serve his country, and he is enjoying his tour here because it has given him many opportunities to excel. His advice to his peers – "Do what you are supposed to do and always give it 110 percent."



MA3 David DeFrancesco

July 21 - 28

Providing security support to the residents of Guantanamo Bay is a job MA3 DeFrancesco thoroughly enjoys. The West Haven, Conn., native joined the Navy two and half years ago to get training in law enforcement. He has only been in GTMO a few months, but says so far he is loving it. To stand out from the pack, DeFrancesco advises his peers to "not be afraid of hard work and always lead from the front."

**U.S. Naval Base
Guantanamo Bay, Cuba**

Gazette

Vol. 61 No. 23
Friday, July 23, 2004

Commander, Naval Base
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Chief Staff Officer
CDR Jeffrey Hayhurst
Command Master Chief (Acting)
MACS(AW) Luis Martinez
Public Affairs Officer
Oscar Seara
Gazette Editor
JO1 Amy Kirk

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NAVSTA Sailors Receive Honors from CNRSE

During her recent visit to the naval base, Rear Adm. Annette Brown, Commander Navy Region Southeast, took time to recognize some of the outstanding Sailors stationed here.

Personnel receiving awards during Naval Station's monthly command quarters were:

Navy & Marine Corps Commendation Medal

MAC Orrester Johnson
MA2 Michael Whitehead

Navy & Marine Corps Achievement Medal

SK1 Robbin Smith
EO2 Robin Serrano
MA2 David Utz
MA3 Liam Doyle

Letter of Commendation

MA1 Don Banker
MA2 John Smith



MA2 Michael Whitehead of Naval Station Security accepts his Navy and Marine Corps Commendation Medal from Rear Adm. Annette Brown, Commander Navy Region Southeast.

Military Takes Steps to Protect Against Identity Theft

By Donna Miles

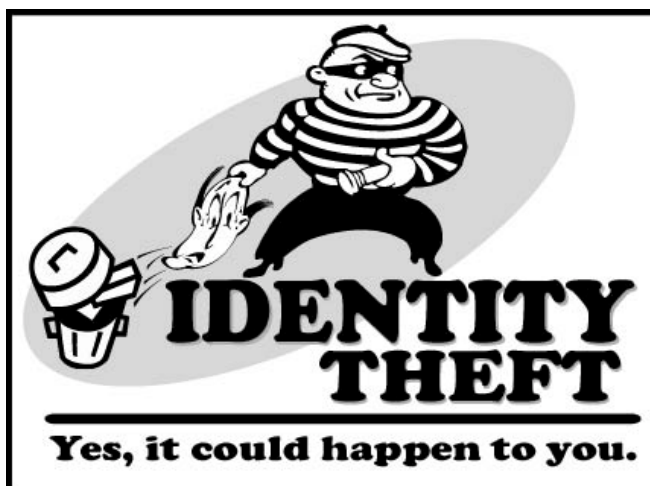
American Forces Press Service

As stricter penalties go into effect for identity theft, the Defense Department and the services are taking steps to protect service members, their families and DoD civilians from being victimized.

Identity theft occurs when someone uses another person's name, Social Security number or other personal information to apply for credit, buy goods and services, or commit other fraud.

President Bush signed a bill into law July 15 stiffening penalties for identity thieves. He said they undermine public trust while "running up bills on credit card accounts that the victim never knew existed" and "quickly damag(ing) a person's lifelong efforts to build and maintain a good credit rating."

Identity theft is a growing crime nationwide, and the military is not immune. Social Security numbers, used so commonly



throughout the military to identify its members, once made service members easy prey to identity thieves.

Five years ago, a task force of investigators from the Secret Service, Army Criminal Investigation Command, Naval Criminal Investigative Service and Air Force Office of Special Investigations focused on hundreds of credit cards opened in the names

of top U.S. military officers, including more than 175 generals and admirals.

The task force's investigation led to the arrest of four people who had used 113 unauthorized credit card accounts — some opened using names and Social Security numbers that had been published in the Federal Register — to make \$37,000 in Internet purchases.

Robert Carey, the Navy's deputy chief information officer, acknowledges that Social Security numbers may help novices commit identity theft. But he said skilled

hackers can get the information they need to steal another's identity from the Internet within seconds — even without a Social Security number. "If someone really wants your information, they can get it," Carey said.

While committing identity theft can take just minutes, victims often find themselves spending months — even years — to unravel

see Identity Theft, page 5

Need to Get Away, Gain Perspective?

Sign-up for a C.R.E.D.O. Retreat

The Chaplains Religious Enrichment Development Operation (CREDO) is sponsored by the Chief of Naval Operations through the Navy Chief of Chaplains. CREDO is also the Latin word for "I believe." CREDO's mission is to provide ministry to military personnel and their family members enabling them to develop personal and spiritual resources, helping them to grow in increased ability, religious maturity, and accepting responsibility.

Anyone with a valid military ID can attend retreats including active duty, retired, reservist, DoD employees, and immediate family members. Retreats are at no cost to participants. Participants only pay for transportation to and from the retreat.

The CREDO Program has a long and honorable history in the sea services. Conceived in 1971 by Captain Don Harris, CHC, USN (Ret), it has been the dawn of a new day for many people. The CREDO vision from the beginning was to show and share the unconditional love of God throughout the sea service communities by modeling healthy family relationships, empowering people to discover hope, encouraging members to access community resources, and supporting them throughout the process.

Even with all the changes society and the military have experienced over the past 30 years, the CREDO Program remains a unique testimony not only to the grace of God, but also to the commitment of the Navy Chaplain Corps to deliver innovative, life-transforming service throughout and beyond the sea services. The following is a list of upcoming retreats:

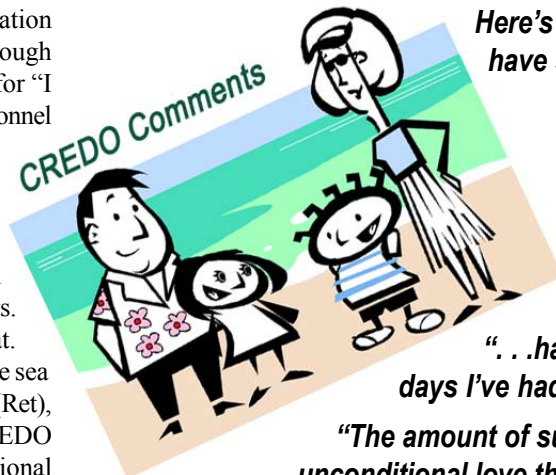
Survival Skills for Healthy Families - August 18-19 and 22-25

Each evening will focus on a different topic such as Parents and Children in Healthy Families; Adult Relationships in Healthy Families; Problem Solving; and Sex, Drugs and You: Passing Your Values to Your Children. Each session is organized around practical guidelines for healthy family interactions, which are demonstrated and then practiced with the participants. There are over 1,500 trained instructors presenting this course to over 500,000 families in the past 19 years. The course is a proven model for teaching skills, enhancing healthy family interactions, and investing family members in each other and their community.

MER - Marriage Enrichment Retreat - August 20-22

The measure of a good relationship today is not just stability, but steady and continuous growth. The Marriage Enrichment Retreat (MER) CREDO is geared toward active duty, reserve/guard, retired military and civilians and their spouses. Generally, retreats take place during weekends and are intended to foster a peaceful environment where couples can relax and enjoy quiet moments together.

The retreat will begin with dinner on Friday evening at the Leeward Galley and end with lunch on Sunday. Couples discover ways to keep their marriage growing, handle conflict, establish roles and boundaries, build intimacy and communication and become closer by strengthening the emotional, physical, and spiritual aspects of their marriage. Lodging and meals are provided, registration is required!



Here's what participants have said . . .

"This is the very best program the military has to offer service members and their families."

"...had to be the best days I've had in a long time."

"The amount of support and total unconditional love that I received gave me a new beginning to my life"

"...the best weekend my wife and I have spent together since we got married a year ago."

ASIST - Applied Suicide Intervention Skills Training August 23-24, 8 a.m. to 5:45 p.m.

In any year, approximately 6 percent of the population has serious thoughts of suicide. The ASIST workshop (formerly the Suicide Intervention Workshop) is a two-day workshop for community members who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Participants learn how to support people to choose life when painful experiences prevent them from seeing a way forward. This training teaches people how to recognize those who are at potential suicide risk, intervene with, and refer them on to professional counseling.

Benefits:

- ♦ Having the necessary skills to recognize, reach out and support a suicidal person may divert the traumatic experience at your workplace.
- ♦ Productivity, morale, and relationships at work and at home suffer following any traumatic incident. Knowing how to support someone in need helps them get back on track at work.
- ♦ Open, honest communication helps build camaraderie - and that means happy, healthy, motivated workers.
- ♦ Effective crisis communication can minimize stress on the department related to short or long-term absences, or low productivity.

"The Real Deal" Youth Lock-in - August 26-27

An opportunity for teens 7-12th grade to have fun while digging into issues that face them in today's world. The retreat will provide an open forum of discussion on topics such as Friendship, Loneliness, Racism, Suicide, Stressing Out, Addictive Behavior, Great Comebacks, Violence, Sexual Choices, and Family Matters.

To register for any event, or for more information, call x2323, or write to n15b@usnbgtno.navy.mil.



The Buehrer family (right) poses with Donald Eldridge, Housing Manager for Caribbean Circle, and Marie Goode-Spencer, Facility Manager, in their award-winning yard.

Buehrer Family Receives Yard of the Month Honors

The Buehrer family of Caribbean Circle 1A, Richard and Debbie, is the winner of the Yard of the Month competition for June.

In recognition of their yard grooming efforts, the family received a special "Yard of the Month" sign placed in their yard during the month, the use of a designated parking space at the Navy Exchange and membership on the award committee for next month's contest.

The Yard of the Month program kicked off in April and winners are selected from one of the following family housing neighborhoods- Caravella Point, Caribbean Circle, Center Bargo, Deer Point, Evans Point, Iguana Terrace, Marina Point, Marine Site, Mobile Point, Nob Hill, Paola Point, Radio Point, Villamar, West Bargo and Windward Loop.

The same home may not be chosen for "Yard of the Month" more than once annually. For more information on the program, contact the Housing Office at 5119.

Identity Theft, from page 3

the consequences.

The military has taken a wide range of steps to protect its members and their families from identity thieves.

Earlier this year, the Defense Finance and Accounting Service dropped the first five digits of each person's Social Security number from all hard-copy leave and earnings statements and checks to guard against identity theft.

The department put into place measures in the E-Government Act of 2001 that control what personal information gets posted on government Web sites. Carey said the law requires privacy impact assessments to ensure government agencies take steps to protect their people against identity thieves. "We don't want to physically hand (personal identifying information) to them," he said.

In addition, the Defense Department teamed up with the Federal Trade Commission to launch Military Sentinel. This online complaint network enables military members and DoD civilian employees to report identity theft and other consumer frauds. Meanwhile, the services have launched far-reaching education campaigns.

The bottom line, officials tell service members and DoD civilians, is to use caution in giving out personal identifying information. If they do become victimized, officials advise reporting it as quickly as possible to their chain of command, their legal assistance office

and Military Sentinel.

Identity theft resource centers recommend these tips:

Check your credit reports at least once a year. A good rule of thumb is to request a report from one of the three credit reporting agencies every four months to check for reports or activity that raise a "red flag."

✓ Buy a home shredder and shred all paperwork containing personal information before throwing it away.

✓ Keep track of your mailbox. Watch for bills for things you didn't buy or order and credit cards you didn't apply for. Likewise, take notice if you don't receive a bill you were expecting.

✓ Drop off bill payments at the post office or in a blue Postal Service mailbox. Leaving it in a mailbox at your home makes it easy for would-be identity thieves to steal.

✓ Go through your wallet and remove every piece of identification you don't absolutely need to carry, particularly if it has personal information on it.

✓ Ask to have your driver's license number changed if it includes your Social Security number.

✓ Notify your security office immediately if you become a victim of identity theft and provide copies of all related documents. This is particularly important if you have a security clearance.

Happy Birthday, U.S. Coast Guard

Coast Guard men and women will celebrate the 214th birthday of America's oldest, continuous sea-going service on August 4.*

The U.S. Coast Guard's origins can be traced back to 1790 when the United States' first Secretary of Treasury, Alexander Hamilton, having difficulty paying off the nation's war debt from the Revolution, proposed Congress appropriate funds to build ten cutters to patrol the coastline and enforce tariff regulations. On Aug. 4, 1790 Congress authorized the funds; the cutters were built, and the newly formed Revenue Cutter Service was born.

Today, the Coast Guard is a multi-mission, maritime, military service. Since its inception the Coast Guard has assumed the responsibilities of other maritime agencies, including the U.S. Lifesaving Service (Search and Rescue), the U.S. Lighthouse Service (aids to navigation), and the Bureau of Navigation and Steamboat Inspection Service (ship inspections, pollution prevention and response).

"As we celebrate our 214th birthday, we reflect on our history as a military organization long charged with the

promotion of national goals," said Master Chief Petty Officer John Stafford, Command Master Chief of the USCG Pacific Area (PACAREA) Port Security Unit Detachment (PSU Det.) here. "We promote safe use of the sea and navigable waters by regulating ships movements, maintaining aids to navigation, documenting sea service workers and cargos, and maintaining security in ports and harbors both in and out of the continental United States."

"It's been said that we, 'Coasties,' protect people from the sea with our search and rescue branch, and the sea from people, by enforcing environmental laws and treaties," added Stafford.

In 1967, the Coast Guard was transferred from the Treasury Department to the Department of Transportation. In 2003, the service was transferred to the newly formed Department of Homeland Security to in confronting the new demands of securing America and fighting the global war on terrorism.

The Coast Guard has been in every major war since 1790. The current deployment of assets to the Persian Gulf in support of Operation Enduring Freedom is its largest mobilization ever.

The men and women of the Coast Guard continue to work closely with local, federal and international agencies to accomplish their many missions, both old and new.

"Although we're working for another agency today, we remain as one of the five U.S. military services and continue to work with the other four armed forces of this great nation. The Coast Guard works in concert with our sister services, and we share a long history," said Stafford.

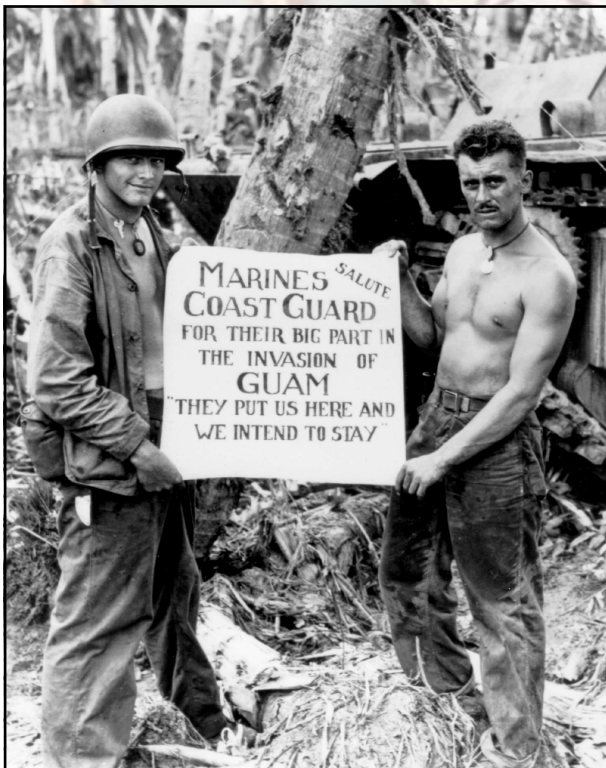
"It was the Army Corps of Engineers who built many of the lighthouses on our coasts and navigable waterways. It was Navy and Army engineers who



Not all Coast Guard duties are glamorous. Here, MKC Ira Foshay (left), Engineer (center), and EM1 William Kendall (right), tune one of the Viper boat engines prior

formed the first Light House Board in 1852," Stafford explained. "The Marine Corps often rode our Higgins Boats to beaches in the Pacific, like Guadalcanal, Tarawa and Saipan. Coast Guard Coxswains delivered soldiers to Utah and Omaha beaches on D-Day. The Air Force and Coast Guard often trade pilots, and we also routinely partner with the Navy in the Coastal Naval Warfare community by sharing billet structure and responsibilities in the protection of foreign ports."

Today, the Coast Guard's three primary missions are search and rescue, law enforcement, and environmental protection. On an average day the modern-day U.S. Coast Guard saves 32 lives, assists 308 people, saves \$8 million worth of property, responds to 34 oil or hazardous spills, seizes 84 pounds of marijuana, 148 pounds of cocaine, services 150 aids to navigation, and interdicts 22 illegal immigrants. For



Marines salute the Coast Guardsmen who put them ashore during the invasion of Guam, 1944.



A PSU crew departs for another shift on

d each tax dollar invested in the U.S. Coast Guard twelve dollars are returned in property saved.



ing Officer, MKC Guy Sundvik
r to a patrol.

said Lim. "And being out on deck of a CG cutter, arriving in port and seeing the look on peoples' faces as they see the big letters along the hull that read: U.S. Coast Guard."

"I wanted the challenge of being a guardian," Guam native, YN2 Venida Farnum of PACAREA PSU Det. Said that is what drew her to the Coast Guard. "Coming from a small island that sits in the huge Pacific waters, the Coast Guard is known to the islanders as the sea guardians

Seaman Michael R. DeLeon of PACAREA

local Coast Guard Units, the USCG Aviation Detachment (AVDET) and the PACAREA PSU Det.

According to SKC Anthony Lim, 26-year Coast Guard veteran and current supervisor of the AVDET, the Coast Guard has allowed him to experience many unique adventures and set a solid foundation for his life.

What's made the past 26 years worth it? "Some of the unique duties I've been able to do, such as Icebreaker duty in the Arctic and Antarctic,"

PSU Det. has only been in the Coast Guard for one year, but his commitment and dedication to his service is just as apparent.

"The Coast Guard has given me a great deal of responsibility and tested my character. I learned to be a good follower and a good leader," said DeLeon. "The Coast Guard always has a job that needs to be done. Instead of training for something and waiting for it to happen, we're out doing multiple things, from buoy tending and ice breaking to drug interdictions and migrant interdictions. It's a very active branch and I like the busy lifestyle and hardwork."

Thirty-three year veteran, Cmdr. Jack Laufer, Commanding Officer of PACAREA PSU Det, echoes DeLeon's opinion of the Coast Guard. "There's nothing more satisfying than going home at the end of the watch knowing that your actions have saved a life, stopped illegal fishing, set a buoy in place for safe navigation, intercepted a load of drugs, or contributed to our national security," he said. "In the USCG you can do any or all of the missions I mentioned on one patrol. The USCG is not just training for the next mission, the next mission is already here."

Laufer also enjoys the comfort of the small service, saying being around other Coasties always feels like home. "We're a small service, less than 40,000 active and 8,000 reserve. When you go to a new duty station, you either know some one already there or have mutual friends."

A small service, certainly, but one with big missions. "For many years we've been doing what needed to be done: escorting; promoting resource movement; and providing expertise on a whole range of tasks," said Stafford.



Above: The Coast Guard Destroyer Tucker, flagship of the Coast Guard's New London Destroyer Force. The Navy transferred a number of its "mothballed" destroyers to the Coast Guard during the enforcement of Prohibition. Tucker was originally commissioned by the Navy in 1916, she was transferred to the Coast Guard in 1926 and served until 1933.



Above: When Fidel Castro declared the port of Mariel "open" in April 1980, hundreds of small craft loaded with Cuban migrants departed Miami, bound for Mariel where they loaded up refugees (often more than the craft was designed to carry safely). What followed became the largest Coast Guard operation ever undertaken in peacetime to that date and is a remarkable example of the Coast Guard's ability to respond to a developing crisis quickly.

"There are 34 battle streamers on our ensign, and Coast Guard men and women worldwide have been serving as rescuers, protectors, and enforcers for the past 214 years. We thank our sister services for their support and their kind words of congratulations as we celebrate our birthday on August 4."

* You may be wondering how the USCG can make the claim of being the oldest, continuous sea-going service since the U.S. Navy celebrates its 229th birthday in October. The answer is both simple and complex.

Although the Navy was founded 228 years ago, Congress sold its warships and mustered out its officers following the American Revolution. This left the U.S. without an active Navy between 1785 and 1794, when Congress voted to purchase six frigates. Throughout this period, however, the Coast Guard continued to function and has continuously to this day.



Guantanamo Bay.

Creature Feature: GTMO's Coral Reefs

By Paul Schoenfeld
Natural Resources Manager

There is a documented decline in the condition of coral reefs worldwide. This decline is a serious threat to business, consumers, communities, and entire cultures due to an economic dependence on coral reef functions and values. It is a serious environmental threat due to the multitude of life that depend on coral reefs for survival, many of which form the basis of our economic dependence.

Threats to coral reefs include pollution, over-fishing, physical damage, and other impacts. These threats prompted the formation of a multi-agency Coral Reef Task

Force comprised of 11 different federal agencies including DOD, which has taken an active role in coral reef conservation and, utilizing its technology and expertise, provides a high level of support to the Coral Reef Task Force initiatives.

At GTMO, we are fortunate to have an extensive coral reef system. These reefs provide us with very high quality recreational diving, fishing, snorkeling, and other uses. Our reefs are also in relatively good condition compared to many other reef systems and this is due in large part to DOD jurisdiction. As our mission progresses and our population grows, it becomes imperative that each and every one of us act responsibly with respect to our coral reefs. This begins with recycling our waste, proper disposal of hazardous waste, obeying the fishing and boating regulations in COMNAVBASEGTMOINST 1710.10, and being careful when diving or anchoring a boat. One careless diver or one anchor in the coral can instantly damage what took decades to grow.

Coral reefs provide a home and nursery for nearly a million different species of fish and other marine organisms, many of which are important sources of food. They are the most diverse ecosystems on earth and are referred to as the rainforests of the oceans. They provide storm protection for coastal communities by buffering wave damage and reducing shoreline erosion. Coral reefs contain many newly discovered and yet undiscovered biomedical resources that have only recently been explored.

Coral reefs are a small component of a much larger ecosystem whose conservation depends largely on upland practices in watershed management. The reef is actually a collection of biological communities, and although the reef itself may be very large, the individual corals are small animals

Elkhorn Coral



called polyps. The polyps, about the diameter of a pencil, grow in colonies. Each generation grows on skeletons left by their predecessors and this process builds the complex structures we call reefs.

There are over 50 species of reef building corals in the Caribbean, segregated by competition and environmental conditions, and only growing in shallow tropical waters. This is because of their need for sunlight due to a symbiotic (mutually beneficial) relationship with algae plant cells.

The corals provide nutrients and a foundation for the algae to grow while the algae provide corals with food through photosynthesis (the process by which green plants manufacture food from sunlight). Therefore, sunlight penetrating the clear shallow tropical water is a requirement for coral reefs and upland watershed management practices which reduce sedimentation into these reefs are important for maintaining water clarity and the photosynthetic process. Excessive sedimentation loads can smother corals and adversely impact the reef also.

A related practice for conserving coral reefs is conserving mangrove forests. While corals thrive in clear nutrient poor water, mangroves thrive in turbid nutrient rich water and function in trapping sediments from upland runoff. This function effectively reduces sedimentation into coral reefs and is so important that there is a parallel relationship between the presence of mangroves and the presence of coral. Reef building corals also require tropical or sub-tropical temperatures, and are only found between 30 degrees north and 30 degrees south of the equator.

This is the first in a series of Creature Features on coral reefs. See Part Two next week.

Ombudsman Outlook

"We're here for you!"

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Protect Your Skin from the GTMO Sun



More men, women, children and the elderly are using sun protection while they work or play outdoors. If you protect your skin from the sun, your chance of getting skin cancer will be lower.

Why is the sun bad for my skin?

Sunburns and suntans are signs that your skin has been damaged and increase your risk of getting skin cancer.

What should I do to protect my skin from the sun?

Stay out of the sun, if you can, from 10 a.m. to 4 p.m., when the sun is strongest.

Wear a long-sleeved shirt and long pants to protect your skin. Wear shirts made from tightly woven cloth. Wear long-sleeved cotton T-shirts. If the clothing fits loosely, you will feel cooler.

- Wear sunglasses to protect your eyes from the sun. Sun exposure increases your risk of getting cataracts.
- Wear a wide-brimmed hat which helps protect your face, neck, and ears from the sun. Baseball caps and similar hats don't protect your ears and neck.
- Use sunscreen with a protection factor (SPF) of at least 15, even on cloudy days. Put the sunscreen on 30 minutes before you go outside. Put the sunscreen everywhere the sun's rays might touch you, including your forehead and face, your ears, the back of your neck and any bald part on the top of your head.

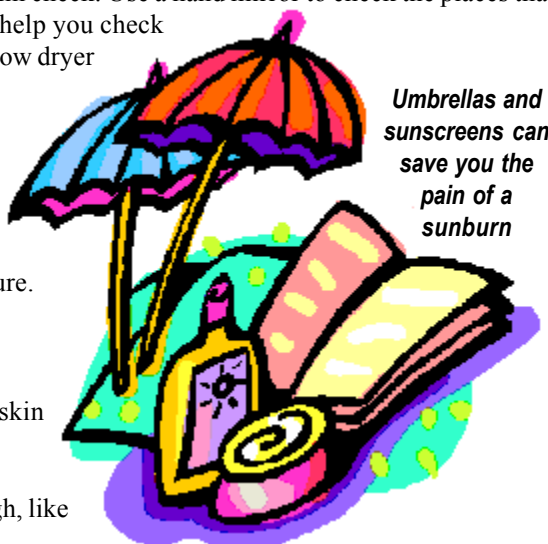
What else can I do to protect my skin?

It's a good idea to do a monthly skin check. Use a hand mirror to check the places that you can't see easily. Have someone help you check the top of your head. You can use a blow dryer on low speed to move your hair so you can see your scalp more easily.

Greater than 80 percent of skin damage occurs before 18 years of age. The earlier skin cancer is found, the better the chance for a cure.

What should I watch for?

- A mole that bleeds
- A mole that grows fast
- A scaly or crusted growth on the skin
- A sore that won't heal
- A mole that itches
- A place on your skin that feels rough, like sandpaper



**Umbrellas and
sunscreens can
save you the
pain of a
sunburn**

Ombudsman FYI

Hydroids Hit the Beach

For those unfamiliar with GTMO waters, hydroids are free floating coral polyps which are released into the water by sea floor corals. They drift in shallow waters (less than 30 meters) in search of a new location to establish a colony. They are minute, but structurally related to the jellyfish and contain a nematocyst, a stinging cell. Unfortunate contact between divers/swimmers leads to discharge of the nematocyst and injection of toxin.

Depending on the concentration of polyps in the water an individual may be bitten from just a few times to over a thousand in a brief period of time. Polyps trapped between a wet suit, short, or shirt may be particularly angry and sting repeatedly nicely outlining your bathing gear.

Pain may vary from mild to severe, and the lesions are always very itchy. Usually reactions are local and while inconvenient are not life threatening. However, individuals with repeat exposure may develop systemic allergic symptoms. Any individual with hydroid exposure and breathing or airway difficulty should be transported to the Naval Hospital Emergency Room immediately.

Treatment of routine hydroid exposure at the beach includes removing clothing, gentle washing of the skin, and avoiding further irritation. Generally, minor stings are treated with oral antihistamines such as diphenhydramine (Benadryl) and topical steroids such as End Itch. Some individuals claim relief by putting Adolf's meat tenderizer on the stings as well. More severe cases may be treated with oral steroids in addition to the previously noted medications.

Worship Services

Catholic Mass

(Main Chapel) **Monday - Friday**
Mass (Cobre Chapel) 11:30 a.m.

Wednesday

Holy Hour/Rosary 5 p.m.
(Cobre Chapel)

Saturday

Vigil Mass 5:30 p.m.

Sunday

Mass 9 a.m.
La Santa Misa (Spanish) 10:30 a.m.
(1st Sunday of the month)
Eucharistic Adoration
(Cobre Chapel) Daily 24hrs

Protestant Services

Sunday

Sunday School 9:30 a.m.
Services - Main Chapel 11 a.m.
Children's Sunday School 11:30 a.m.

New Life

(Main Chapel) **Sunday**
Worship Service 1 p.m.
(Main Chapel) **Friday**
Bible Study 7 p.m.

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday

Sunday Sacrament 9 a.m.

Monday

Family Home Evening 6 p.m.

Wednesday

Ladies Relief Society 7 p.m.

Filipino Christian Fellowship

(Sanctuary A) **Sunday**

Worship 7 p.m.

Iglesia Ni Cristo

(Sanctuary B) **Sunday**

Worship 8 p.m.

Pentecostal Gospel Temple

(Room 13) **Sunday**

Worship 8 a.m. & 5 p.m.

Seventh Day Adventist

(Sanctuary B) **Saturday**

Divine Service 11 a.m.

Islamic Service

(Classroom 18) **Friday**

Worship 1 p.m.

United Jamaican Fellowship

(BLDG. 1036 - Next to Phoenix Cable)
Sunday Service 11 a.m. & 6:30 p.m.

Camp America

Troopers Chapel

Protestant Service

Sunday 9 a.m.

Sunday (Bldg 3202) 7:30 p.m.

Soul Survivor (Club Survivor)

Wednesday 7 p.m.

Roman Catholic

Sunday 7:30 p.m.

For information about
programs & services, call 2323.

Community Announcements

Jamaican Independence Celebration 2004



Join us on
Monday, August 2
Noon at Phillips Park



Don't miss the many preliminary events and entertainment opportunities offered by the Jamaican Independence Committee and MWR. Look for fliers around the base or check the roller for information.

National Night Out

Tuesday, August 3

5 p.m. to 9 p.m.

at Cooper Field

Free games, prizes, food!

Displays & demos!

An evening of family fun!

Parade of Vehicles down

Sherman Avenue, Kittery

Beach Road & housing

areas starts at 4 p.m.

and ends at Cooper Field



Scheduled Activities

6 p.m. - Military Working Dog
& O.C. Spray Demo
7 p.m. - Bicycle Safety Demo
8 p.m. - Pie in the Face Award
8:30 p.m. - Grand Prize Drawing



GTMO Fire Department Ball
Tickets & T-Shirts on Sale
Weekends at the NEX Atrium
Tickets are \$15 T-shirts are \$12
FMI, call 4598.



Car Wash & Donut Sale

9 a.m., July 31 in

the NEX Parking Lot!

Sponsored by the Blue Jacket Association.



GTMO Shopper

FOR SALE

(1) Upright freezer, frost free, 16.7 CU FT excellent cond. \$135. Call 7916.

(1) ITEMS FOR SALE - Oak TV/VCR cabinet, \$50; Huffy 15-spd girls bike w/gel seat, \$40; glass-top patio table (48"x 48"), \$10; office desk chair (high back, rolls, swivels) \$20; JVC VCR, \$20; Panasonic VCR, \$20. Call 7916.

(1) 3 Vidmar Metal Storage Cabinets - great for tools or whatever (2) 7 drawer and (1) 9 drawer \$100 each, will sell separately. Call 7916.

(1) 26-inch Huffy 15-spd girls bike - excellent condition, \$50. Call 7916.

(1) ITEMS FOR SALE - Two matching bar stools, \$20; Women's mountain bike (ridden once), \$50. Call 7892.

(1) Excellent condition male medium wetsuit XS Scuba Titanium 3M - \$65. Contact Minh at 3946.

(1) Diamond rings - Zales 1/4 carat Solitaire, w/certificate and receipt - \$750. Three diamond 1/2 carat anniversary ring w/receipt-\$250. Call Kelly at 8252 between 8:30 a.m. and 3 p.m.

(1) 21-Speed, red, Kent mountain bike. Used, but in excellent shape, rarely ridden. Helmet and back-rack included. \$60 OBO. KB 372-D x-8258. Please leave message.

(1) Avalon double stroller, brand new, only used about 3 times \$25; Glass top coffee table with wood frame good condition \$10; FREE: metal desk, wooden table and a love seat, just haul off yourself. For more information contact Tammy 5724.

(1) ITEMS FOR SALE - Gateway Computer w/ monitor, printer and scanner, \$450; Entertainment Center, holds up to a 27-inch TV, \$75. Call 7772.

(2) ITEMS FOR SALE - Color Printer, DVD's, AIIWA Stereo, Tool Set. Call Sophia at 8157 after 5 p.m..

(2) Summer motorcycle jacket - red/black Joe-Rocket. Asking \$50. Call 7104 AWH.

(2) Sofa and love seat set. - fair condition, needs a cleaning, \$50 for set or \$25 for each. Please call 7545 for more info, or e-mail my_id_too@yahoo.com

(3) Citizen Aqualand Duplex Dive watch w/ computer, stainless steel band, navy blue face - logs dives, temps, max. depth, audible/visible alarms and more! Like new, \$400 OBO. FMI, call Brad, 7969.

(3) HP ScanJet 5200C, \$40; Sharp UX-300 Fax/phone/copier, \$35, 19" computer monitor, \$100 OBO, two free CPUs. Call John at 7744.

(3) Used Computer with printer, \$150; Computer stand, \$40; Free Washer- just pick it up! Call Heather at (w)72230 or (h) 5776. Willing to accept best offer.

(3) Dive Gear for sale - Dacor Men's dive BC and regulator/octopus/compass combo, exc. cond. 1 yr old, \$400; Seaquest Wmn's med BC with regul/octo/compass combo, \$300; JBL speargun, \$100. Call 7787.

(3) Computer desk - \$30; 6 drawer dresser - \$10; Little girl's 7 drawer desk (white with gold trim) - \$25. FMI, call 7056 before 9:00 p.m.

(3) Paintball gun with 2 barrels, used 1 game - \$85. FMI, call Brad, 7969.

(3) Washer and Dryer - \$125 OBO for both. Available August 7. Call 7906 AWH.

(3) Stearns Outdoor Kayak - has paddle, vest and pump and made of heavy duty canvas, \$250. Call SSG Newsom at 3198 or 8243.

(3) 19-inch color TV, \$40. Call SSG Newsom at 3198 or 8243.

VEHICLES/BOATS

(1) Center Console boat, 18 ft, Powered with a 90hp Johnson engine, large 35 gal. live well and installed live well pump, 4 gunnel installed rod holders, 6 standup storage rod holders, dual batteries with switch, VHF radio, compass, new bottom boat paint, includes trailer. Great fishing boat, \$3,800. OBO Call 7916.

(1) 1977 Yamaha XS 750cc - Newly painted with some minor scratches, new seat, rebuilt motor and carburetor, new wiring and customized exhaust. Needs brake pad, speedometer, tachometer and 2nd gear is slipping. Will make a good project for the bored. Asking \$600 but willing to negotiate. FMI call hm #7148 or wk #4603.

(1) 1989 Ford F-150, 1989, AM/FM/CD 98,000 miles, great running truck, \$3,300 OBO. Call 7916.

(2) Dodge Challenger - new radiator, new battery, new distributor cable and spark plugs, good engine - Asking \$1,400. Call Francis at 2550, lv. name and number.

(2) Yamaha 2002 YZF R1 Silver/Black 3000/mi. Asking \$9,700, obo. Call 7104 AWH.

(2) 1988 Toyota Tercel - 2dr, 5-speed, AC, CD player - \$2,800. Call Sam or Jack, 8103.

SERVICES

Certified Childcare Provider - accepting infants up to 9 months and children ages 3 and 4 for full-time and shift work care. Drop-in care accepted with 24 hr notice. Call 5887.

WANTED

ITEMS WANTED - 26" mountain bike rim and a white Karate Gi. Call 8060 ask for Sonny after 4 p.m.

Wanted - Tennis Players - 3.5 - 5.5 USTA rating. Call Jack at 8661.

Welcome Aboard! It's A Boy!

Travis Cameron
Parker



Born: July 21, 2004

7 lbs 14 oz; 20 1/2"

to Laura & Travis Parker

Wanted - Beer signs and other "home bar" accessories, decorations, and novelty items. Please call 7545 if you have anything you would like to sell, or e-mail my_id_too@yahoo.com.

EMPLOYMENT

LCN is now hiring for a full time RF technician. Applications are available at the LCN office. For more information, please contact Bob @ 3644.

The following are job vacancies currently open through the Human Resources Office. Vacancies
Practical Nurse (Foreign Nationals) - closes 8/04/2004
Firefighter (Foreign Nationals) - closes 8/18/2004

Social Services Aide - closes 12/30/04
Social Services Aide - Foreign Nationals 12/30/04
Open Continuous Vacancies:
Materials Handler - closes 01-08-2005
Practical Nurse, closes 8/20/04
Licensed Practical Nurse - closes 7/28/2005

FMI, call Human Resources Office, 4441.

ANNOUNCEMENTS

Teasures & Trivia \$5 Bag Sale - Saturday July 31, 9 a.m. to 2 p.m.

August Tobacco Cessation Course - 4-5 p.m. on Aug. 9, 16, 23 and 30 (4 week program). Located behind USNH- Trailer H-14. Call 7-2733/7-2176 to sign up

PETS

Good dog looking for a good family. She's a

seven year old female, who has been house trained, knows commands, and has been fixed. She's good with children, not with cats. Please call after 4:30p.m. to 7835.

LOST & FOUND

On Sunday evening a piece of jewelry was found in the JTF laundromat on Marine Hill. If anyone is missing jewelry and thinks this might be theirs call 7379 in the evenings, 6020 during the day or pager 1777. If you can tell me specific information about the item to confirm it is yours I'd be happy to return it. - AG1 Solocinski

PERSONALS

Naval Security Force Chief Selectees: Well done and congratulations! You are a great team - go now and be greater leaders. Best wishes to you and your families. Warmest regards, Bill Pitard USN(Ret)

Avoid Unwanted Phone Calls

For Sale, Vehicle/Boats and Wanted ads run for three weeks (space allowing). Save yourself the hassle of unwanted phone calls by notifying the Gazette staff when your item(s) has sold or you no longer need to run it. Call 4502 or 4520.

Iguana Field Waterslide
Saturday, July 31 - 10 a.m. to 2 p.m.
\$3 per child.

Hot dogs, chips & drinks on sale

Sponsored by Crimebusters



DOWNTOWN LYCEUM MOVIES



Garfield
Comedy/Family
85min

Starring: Liz Wilson, Bill Murray, Jennifer Love Hewitt

When a dog named Odie is brought home, Garfield is forced to compete with him for the affection and attention of their perpetually single owner, Jon Arbuckle-much to Garfield's disgust.



I Robot
Action/Sci-Fi
114min

Starring: Will Smith, Bridget Moynahan, James Cromwell

In the year 2035, robots are an everyday household item and everyone trusts them, except one slightly paranoid detective investigating what he alone believes is a crime perpetrated by a robot. The case leads him to discover a far more frightening threat to the human race.



The Stepford Wives
Comedy/Drama
93min

Starring: Nicole Kidman, Matthew Broderick, Bette Midler, Christopher Walken

Stepford has a secret: all of the wives are way too perfect, and all of the husbands are way too happy. A young couple moves from Manhattan to the upper class suburb of Connecticut. Once there, they soon discover that the Stepford men are replacing their wives with compliant robots.



Spider-Man 2
Action Adventure
120min

Starring: Tobey Maguire, Kirsten Dunst, Alfred Molina

The entertaining adventure escalates and Spiderman's life becomes even more complicated when he confronts a new nemesis, the brilliant Otto Octavius, who has been reincarnated as the maniacal and multi-tentacled "Doc Ock."

Friday, July 30
8 p.m. Garfield
PG 85min

10 p.m. I Robot
PG13 114min

Saturday, July 31
8 p.m. Anchorman
PG13 91min

10 p.m. The Chronicles
of Riddick
R 119min

Sunday, August 1
8 p.m. The Stepford Wives
PG13 93min

Monday, August 2
8 p.m. Garfield
PG 85min

Tuesday, August 3
8 p.m. I Robot
PG13 114min

Wednesday, August 4
8 p.m. The Chronicles
of Riddick
R 119min

Thursday, August 5
8 p.m. Spider-Man 2
PG13 128min



WHAT'S HAPPENING

Alpha Sonic

Jamaican Reggae Band
Performing Live - July 30
at the Windjammer Club
Start time - 8 p.m.

Youth Center

Season begins Sept. 2
Mandatory coaches meeting
2 p.m. on Aug. 24 at the Base Gym
All rosters are due at this time
FMI, call 2193

The Bayview Restaurant

Enjoy Chateaubriand for two
while watching the sunset.
Call 5604 to make reservations

Karaoke

Every Friday night
at the CPO Club
8 p.m. to midnight
The CPO Club is open to
E-7 & above and
civilian equivalents.
FMI, call Norman at 2304

MWR Presents The Triple Threat Trilogy

August 28

- 1 - Back To School Blast
10 a.m. to 2 p.m. at the Sailing Center
Kayak Races, Rock Climbing Wall,
Bungee Run, Free Food
Registration booths set up for
parents to sign-up their children
for Youth Soccer, Youth Flag
Football, Youth Dodgeball.
Sports registration fee is \$25
for one child and \$20 each
additional child
- 2 - Army vs Navy Rugby Match
Start Time 6 p.m. at Cooper Field
FMI Call Chief Puello at 4502
- 3 - Army vs Navy
Flag Football Grudge Match
Start Time 7:30 p.m. at Cooper Field
FMI, call 'DD' at 2193

For more information on any of the
events listed above, call 5225.